

Local coach brings team to Vernonia for synchronized swimming demonstration

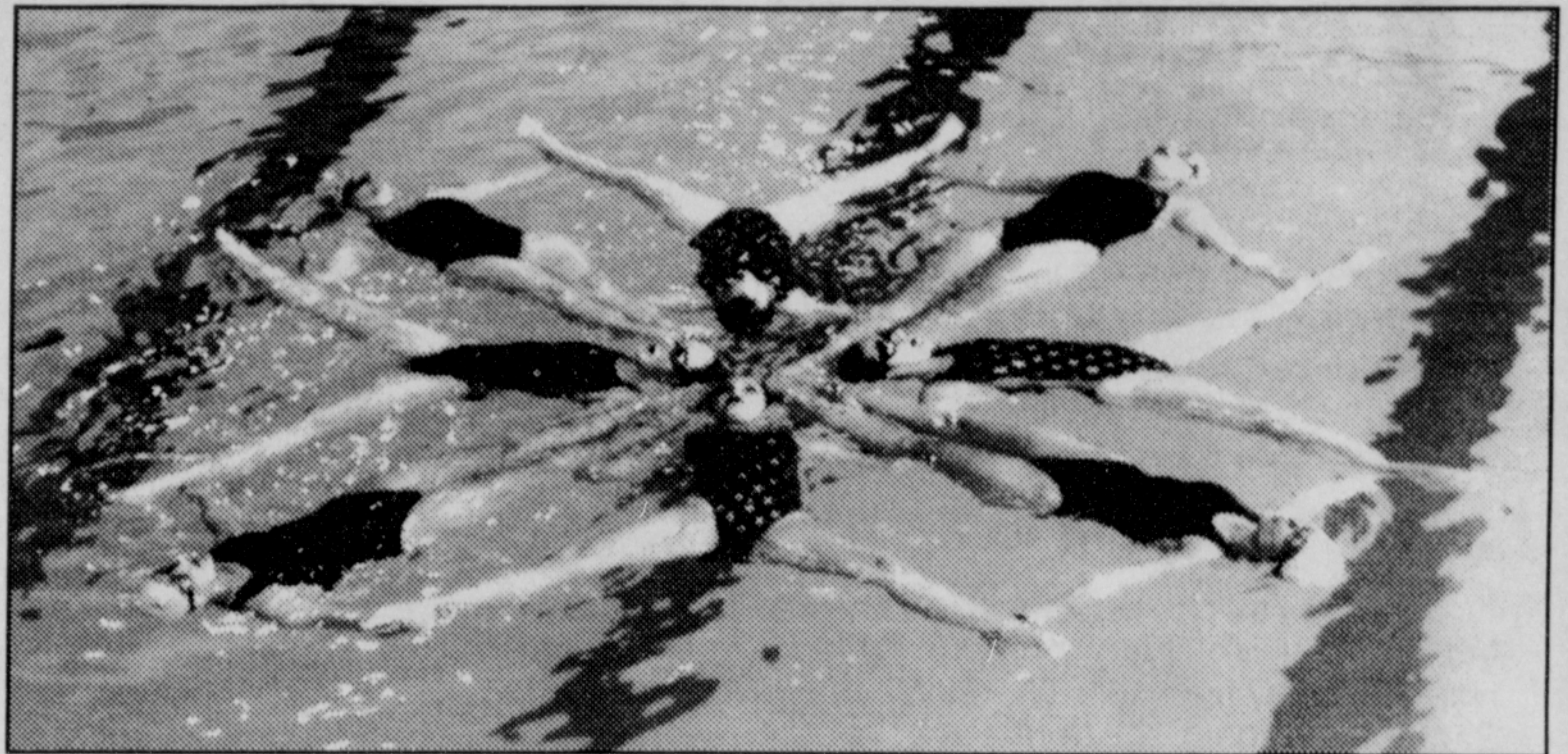
St. Helens Synchro Fire will perform a synchronized swimming demonstration Friday evening, August 1, from 7:00 to 8:00 p.m. at Cedar Ridge Sports Camp, 18062 Keasey Road.

Alex Hayes, a Vernonia High School graduate with extensive experience in synchro swimming – including competition at the national level – will direct the performance. Hayes is now in her second year as head

coach of St. Helens Synchro Fire, a team she started in November of 2000, with one swimmer. Now there are 11 swimmers and an assistant coach, Charlene Zuver.

Admission is free, however donations of food, checks or cash to benefit Vernonia Cares will gladly be accepted.

This will be the sixth year that Hayes has arranged to have the demonstration benefit Vernonia Cares.



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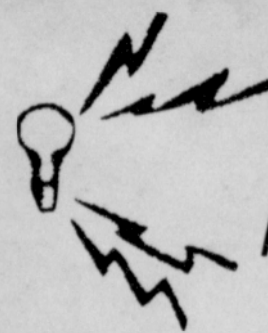
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